

Simple Things You Can Do Today to Control Stress

by Melissa C. Stoppler, M.D.

Simple modifications in posture, habits, thought, and behavior often go a long way toward reducing feelings of stress and tension. Here are seven simple things you can do immediately to help keep your stress level under control.

1. Watch for the next instance in which you find yourself becoming annoyed or angry at something trivial or unimportant, then practice letting go - make a conscious choice not to become angry or upset. Do not allow yourself to waste thought and energy where it isn't deserved. Effective anger management is a tried-and-true stress reducer.

2. Breathe slowly and deeply. Before reacting to the next stressful occurrence, take three deep breaths and release them slowly. If you have a few minutes, try out a relaxation technique such as meditation or guided imagery.

3. Jump start an effective time management strategy. Choose one simple thing you have been putting off and do it immediately.

Just taking care of one nagging responsibility can be energizing and can improve your attitude.

4. Get outdoors for a brief break. Our grandparents were right about the healing power of fresh air. Don't be deterred by foul weather or a full schedule. Even five minutes on a balcony or terrace can be rejuvenating.

5. Drink plenty of water and eat small, nutritious snacks. Hunger and dehydration, even before you're aware of them, can provoke aggressiveness and exacerbate feelings of anxiety and stress.

6. Do a quick posture check. Hold your head and shoulders upright and avoid stooping or slumping. Bad posture can lead to muscle tension, pain, and increased stress. If you're stuck at a desk most of the day, avoid repetitive strain injuries and sore muscles by making sure your workstation reflects good ergonomic design principles.

7. Plan something rewarding for the end of your stressful day, even if only a relaxing bath or half an hour with a good book. Put aside work, housekeeping or family concerns for a brief period before bedtime and allow yourself to fully relax. Don't spend this time planning tomorrow's schedule or doing chores you didn't get around to during the day.

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Quote of the Day

"Four score and seven years ago our fathers brought forth on this continent, a new nation, conceived in liberty, and dedicated to the proposition that all men are created equal."

**President Abraham Lincoln
The Gettysburg Address 1863**

Achieving Success in a S.M.A.R.T Way

Setting goals helps you reach them more easily and reduces misplaced energy, which results in stress. Just remember some SMART tips for setting your goals:

Specific: Making goals specific helps you understand what you intend on achieving.

Measurable: Knowing when you have achieved your goals, making them measurable, helps you to chart your progress and success.

Achievable: People who set reasonable goals know that they can achieve them and have a greater tendency to do so.

Responsible: The goal must truly be desired and you have to take responsibility for it.

Time frame: Setting a time frame by which it must be accomplished helps you to guide your accomplishments.

Source: <http://aboutadvice.com/teen/achieving-success-in-a-smart-way.php>

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The History of Presidents Day



The original version of the holiday was in commemoration of George Washington's birthday in February 1796 (the last full year of his presidency). Washington, according to the calendar that has been used since at least the mid-18th century, was born on February 22, 1732. According to the old style calendar in use back then, however, he was born on February 11. At least in 1796, many Americans celebrated his birthday on the 22nd while others marked the occasion on the 11th instead.

By the early 19th century, Washington's Birthday had taken firm root in the American experience as a bona fide national holiday. Its traditions included Birthnight Balls in various regions, speeches and receptions given by prominent public figures, and a lot of revelry in taverns throughout the land. Then along came Abraham Lincoln, another revered president and fellow February baby (born on the 12th of the month). The first formal observance of his birthday took place in 1865, the year after his assassination, when both houses of Congress gathered for a memorial address. While Lincoln's Birthday did not become a federal holiday like George Washington's, it did become a legal holiday in several states.

In 1968, legislation (HR 15951) was enacted that affected several federal holidays. One of these was Washington's Birthday, the observance of which was shifted to the third Monday in February each year whether or not it fell on the 22nd. This act, which took effect in 1971, was designed to simplify the yearly calendar of holidays and give federal employees some standard three-day weekends in the process.



The History of Black History Month

By Elissa Haney

Americans have recognized black history annually since 1926, first as "Negro History Week" and later as "Black History Month." What you might not know is that black history had barely begun to be studied — or even documented—when the tradition originated. Although blacks have been in America at least as far back as colonial times, it was not until the 20th century that they gained a respectable presence in the history books.

We owe the celebration of Black History Month, and more importantly, the study of black history, to Dr. Carter G. Woodson. Born to parents who were former slaves, he spent his childhood working in the Kentucky coal mines and enrolled in high school at age twenty. He graduated within two years and later went on to earn a Ph.D. from Harvard. The scholar was disturbed to find in his studies that history books largely ignored the black American population—and when blacks did figure into the picture, it was generally in ways that reflected the inferior social position they were assigned at the time.

While the holiday in February is still officially known as Washington's Birthday, it has become popularly known as "President's Day." This has made the third Monday in February a day for honoring Washington and Lincoln, as well as all the other men who have served as president.

Source: http://www.patriotism.org/presidents_day/

Woodson, always one to act on his ambitions, decided to take on the challenge of writing black Americans into the nation's history. He established the Association for the Study of Negro Life and History (now called the Association for the Study of Afro-American Life and History) in 1915, and a year later founded the widely respected Journal of Negro History. In 1926, he launched Negro History Week as an initiative to bring national attention to the contributions of black people throughout American history.

Woodson chose the second week of February for Negro History Week because it marks the birthdays of two men who greatly impacted the American black population, Frederick Douglass and Abraham Lincoln. However, February has much more than Douglass and Lincoln to show for its significance in black American history.

Source: www.infoplease.com

Why February is important to Black History Month

February 23, 1868

W. E. B. DuBois, important civil rights leader and co-founder of the NAACP, was born.

February 3, 1870

The 15th Amendment was passed, granting blacks the right to vote.

February 25, 1870

The first black U.S. senator, Hiram R. Revels (1822-1901), took his oath of office.

February 12, 1909

The National Association for the Advancement of Colored People (NAACP) was founded by a group of concerned black and white citizens in New York City.

February 1, 1960

In what would become a civil-rights movement milestone, a group of black Greensboro, N.C., college students began a sit-in at a segregated Woolworth's lunch counter.

February 21, 1965

Malcolm X, the militant leader who promoted Black Nationalism, was shot to death by three Black Muslims.

Riddle Fun

The one who makes it,
doesn't need it
the one that buys it doesn't keep it
the one that sells it doesn't use it
the one that's using it never knows
it's being used
What am I?

Answer: A coffin

What state is surrounded by the
most water?

Answer: Hawaii

Why did the doctor switch jobs?

Answer: He lost his patients

FUN Pages

Valentine's Day History Trivia

♥ 73% of people who buy flowers for Valentine's Day are men, while only 27 percent are women.

♥ About 1 billion Valentine's Day cards are exchanged each year. That's the largest seasonal card-sending occasion of the year, next to Christmas.

♥ About 3% of pet owners will give Valentine's Day gifts to their pets.

♥ Alexander Graham Bell applied for his patent on the telephone, an "Improvement in Telegraphy", on Valentine's Day, 1876.

♥ California produces 60 percent of American roses, but the vast number sold on Valentine's Day in the United States are imported, mostly from South America. Approximately 110 million roses, the majority red, will be sold and delivered within a three-day time period.

♥ Cupid, another symbol of Valentines Day, became associated with it because he was the son of Venus, the Roman god of love and beauty. Cupid often appears on Valentine cards holding a bow and arrows because he is believed to use magical arrows to inspire feelings of love.

♥ In the Middle Ages, young men and women drew names from a bowl to see who their valentines would be. They would wear these names on their sleeves for one week. To wear your heart on your sleeve now means that it is easy for other people to know how you are feeling.

Source: www.agirlsworld.com

Fun Facts about Gum



- The first patent for chewing gum was issued in 1869 to William F. Semple, a dentist from Mount Vernon, OH.

- In the early 1900s, William Wrigley Jr. was one of the first to promote the sale of branded goods through advertising. Wrigley's new spearmint gum quickly became a best seller.

- During WWII, U.S. military personnel spread the popularity of chewing gum by trading it and giving it as gifts to people in Europe, Africa, Asia and around the world.

- Cinnamon, spearmint and peppermint are among the most popular flavors of chewing gum today.

- The first bubble gum cards were issued in the 1930s. The pictures ranged from war heroes to Wild West figures to professional athletes. The Topps Company became famous by offering baseball cards in packages of gum and sponsoring bubble gum blowing contests among ball players.

- Why is bubble gum pink? The color of the first successful bubble gum was pink because it was the only color the inventor had left. The color "stuck" and today bubble gum is still predominantly pink.

- The largest bubble ever blown was 23 inches in diameter.

The record was set July 19, 1994 by Susan Montgomery Williams of Fresno, CA. (Guinness Book of World Records 1998)

- Can you really remove gum from your hair with peanut butter? It has been proven that if you knead a small amount of peanut butter between your fingers and the gum, the gum will disperse enough so you can remove it.

- Did you know that North American kids spend approximately half a billion dollars on bubble gum every year?

Source: <http://www.nacgm.org/consumer/funfacts.html>

An afternoon snack that you can make

Be sure to ask mom or dad for help

Kids Fruit Salad

17 oz can fruit cocktail, drained
1 1/2 c miniature marshmallows
2 med bananas, sliced
1 med apple, coarsely chopped
1/4 c maraschino cherries, halved
1 1/2 c Cool Whip

In large bowl, combine all ingredients except Cool Whip. Gently fold in Cool Whip. Cover; chill until served.

Source: www.justkidsrecipes.com

Valentine Tounge Twisters

Can you say these 10 times fast?

A tree-toad loved a she-toad,
Who lived up in a tree.
He was a two-toed tree-toad,
While a three-toed toad was she.

King Kong kissed Queen Kate.

Sweaty Sam's sweetheart Susie
Swears she's sick of Sweaty Sam;
Sweaty Sam says Susie's silly,
So he's sweet on Sally Ann.

Source: www.bethanyroberts.com

Valentines Day

Find the words below in the puzzle ... up, down, backwards, forwards or diagonally.

ADMIRE
ADORE
AMOUR
ANNIVERSARY
CANDY
CARD
CHOCOLATES
COURT
CUPCAKE
CUPID
CUSTOM
DANCE
DEAR
EMBRACE
EROS
FLIRT
FLOWERS
GIFT
HUG
HUSBAND
JULIET



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www.thepotters.com/puzzles.htm

KISS
LOVE
MOONSTRUCK
PARTY
POETRY
RED HOTS
RING
ROMANCE
ROMEO
SAINT
SERENADE
SMOOCH
SPARK
STROLL
SWEETHEART
TURTLEDOVE
VENUS
VERSE
VICTORIAN
WIFE
WOO

Fun facts about snow

- Almost 187 inches of snow fell in seven days on Thompson Pass, Alaska in February 1953, according to the National Snowfall and Snow Depth Extremes Table provided by the National Climatic Data Center
- In the early 1900s, skiers created their own terminology to describe types of snow, including the terms "fluffy snow," "powder snow," and "sticky snow." Later, the terminology expanded to include descriptive terms such as "champagne powder," "corduroy," and "mashed potatoes."
- Practically every location in the United States has seen snowfall. Even most portions of southern Florida have seen a few snow flurries.

Original 13 Rules of Basketball

by Dr. James Naismith

The object of the game is to put the ball into your opponent's goal. This may be done by throwing the ball from any part of the grounds, with one or two hands, under the following conditions and rules.

1. The ball may be thrown in any direction with one or both hands.
2. The ball may be batted in any direction with one or both hands.
3. A player cannot run with the ball. The player must throw it from the spot on which he catches it, allowances to be made for a man who catches the ball when running if he tries to stop.
4. The ball must be held by the hands. The arms or body must not be used for holding it.
5. No shouldering, holding, pushing, tripping or striking in any way the person of an opponent shall be allowed; the first infringement of this rule by any player shall come as a foul, the second shall disqualify him until the next goal is made, or,

if there was evident intent to injure the person, for the whole of the game, no substitute allowed.

6. A foul is striking the ball with the fist, violation of Rules 3, 4, and such as described in Rule 5.

7. If either side makes three consecutive fouls it shall count as a goal for the opponents (consecutive means without the opponents in the meantime making a foul).

8. A goal shall be made when the ball is thrown or batted from the grounds into the basket and stays there, providing those defending the goal do no touch or disturb the goal. If the ball rests on the edges, and the opponent moves the basket, it shall count as a goal.

9. When the ball goes out of bounds, it shall be thrown into the field of play by the person touching it. He has a right to hold it unmolested for five seconds. In case of a dispute the umpire shall throw it straight into the field. The thrower-in is allowed five seconds; if he holds it longer it shall go to the opponent. If any side

persists in delaying the game the umpire shall call a foul on that side.

10. The umpire shall be the judge of the men and shall note the fouls and notify the referee when three consecutive fouls have been made. He shall have power to disqualify men according to Rule 5.

11. The referee shall be judge of the ball and shall decide when the ball is in play, in bounds, to which side it belongs, and shall keep

the time. He shall decide when a goal has been made and keep account of the goals, with any other duties that are usually performed by a referee.

12. The time shall be two 15 minute halves, with five minutes rest between.

13. The side making the most goals in that time shall be declared the winner. In the case of a draw the game may, by agreement of the captains, be continued until another goal is made.



GENERAL HOMEWORK TIPS FOR PARENTS

Make sure your child has a quiet, well-lit place to do homework.

Avoid having your child do homework with the television on or in places with other distractions, such as people coming and going.

Make sure the materials your child needs, such as paper, pencils and a dictionary, are available.

Ask your child if special materials will be needed for some projects and get them in advance.

Help your child with time management.

Establish a set time each day for doing homework. Don't let your child leave homework until just before bedtime. Think about using a weekend morning or afternoon for

working on big projects, especially if the project involves getting together with classmates.

Be positive about homework.

Tell your child how important school is. The attitude you express about homework will be the attitude your child acquires.

When your child does homework, you do homework.

Show your child that the skills they are learning are related to things you do as an adult. If your child is reading, you read too. If your child is doing math, balance your checkbook.



When your child asks for help, provide guidance, not answers.

Giving answers means your child will not learn the material. Too much help teaches your child that when the going gets rough, someone will do the work for him or her.

When the teacher asks that you play a role in homework, do it.

Cooperate with the teacher. It shows your child that the school and home are a team. Follow the directions given by the teacher.

If homework is meant to be done by your child alone, stay away.

Too much parent involvement can prevent homework from having some positive effects. Homework is a great way for kids to develop independent, lifelong learning skills.

Stay informed.

Talk with your child's teacher. Make sure you know the purpose of homework and what your child's class rules are.

Help your child figure out what is hard homework and what is easy homework.

Have your child do the hard work first. This will mean he will be most alert when facing the biggest challenges. Easy material will seem to go fast when fatigue begins to set in.

Watch your child for signs of failure and frustration.

Let your child take a short break if she is having trouble keeping her mind on an assignment.

Reward progress in homework.

If your child has been successful in homework completion and is working hard, celebrate that success with a special event (e.g., pizza, a walk, a trip to the park) to reinforce the positive effort.

Prevention and Care of Sports Injuries

by Richard Stratton

No, this is not a quick course in sports medicine or athletic training. I thought it might be helpful to pass along some information about how you might deal with sports injuries.

First, we would like to prevent them or at least reduce your chances for getting hurt.

If your sports use protective equipment, you must wear it. Make sure your protective equipment (pads, helmets, mouthpieces, etc.) fits properly. Poor fitting equipment will not do the job it was designed for and may even increase the chances of getting hurt. Equipment that doesn't fit you correctly is likely to be uncomfortable to wear and cause you to avoid wearing it.

Take good care of your equipment. Damaged or worn out equipment will not protect you properly. In addition to the required protective equipment, girls are encouraged to wear sports bras for support when it becomes appropriate in their development.

Although mouthpieces are not required in some contact sports, they are a good idea. If you have difficulty getting the store bought mouthpieces to fit properly, many dentists can make custom mouthpieces for you.

Learn the skills that it takes to play your sport. Not only will you play better, but you will also play more safely. This will help protect you and the others playing with you.

If you do get hurt make sure your coaches and parents know about the injury immediately. Even a very minor injury could become much more serious if it is not treated.

Despite what some of the people you may hear on TV say, it does not make you a better athlete to "play hurt". Sure, you can continue to play even after suffering certain kinds of minor injuries, but only after your coaches have checked it out and said it is ok to continue to play.

Remember, it is your right to participate in a safe and healthy environment but it is also your responsibility to help keep it that way.

This article provided by Dr. Richard Stratton, Health and Physical Education Program, Virginia Tech Source: <http://www.youth-sports.com>

Source: http://www.ed.gov/parents/academic/involve/homework/part_pg2.html

The Horseless Horse Project

Being in the military, with the inevitable moves, leaves few opportunities for our children to own larger animals such as a horse. However, there are some families who do live on base and own a



horse. Lackland AFB provides facilities for them to stable their horse. We were fortunate that one of the owners was willing to collaborate with us and provide our children some hands on experiences with working with a horse.

The children learned about the parts of a horse, safe pastures, approaching and catching a horse,

the project for certificates. We found it interesting that it was all girls who participated in this project. Emily Freeman, age 9, participated in this project as well as cooking, art and journalism. "I think the clubs are real important to me because I learned a lot of new stuff."

Article from Lackland AFB Youth Program

and grooming, among other things. They each took a turn grooming the horse and even mucking out the stall. There were seven children who signed up and completed

program had ever planned, but also a huge success.

"Including volunteers, there were 52 people there. That's a lot of mouths to feed, let alone 39 kids, but it went well," said Chris Breck, the OAP director.

Friday, after a day and a half of packing a huge trailer full of tents, stoves, cots, air mattresses, rafts, life jackets, archery and paintball supplies, cooking supplies and most of all, food, Breck and two volunteers drove to Flaming Gorge to set up camp before the children arrived at Fireman's Memorial Campground that afternoon.

When the children arrived after being cooped up in the vans, they were more than ready to burn some energy and, with the help of volunteers, the 9 – 15 year olds got to work setting up their tents.

"The kids really worked together. They showed teamwork when they were setting up their tents," Breck said.

As soon as camp was set up, dinner was served and the children built a campfire. As it faded, so did the children and the counselors steered them toward bed. They had a big day ahead of them.

The children broke into two groups Saturday morning. One group went rafting seven miles down the Green River, from the Flaming Gorge dam to Little Hole campground, while the other group shot targets with paintballs and tried their hand at archery. The groups switched after lunch and everyone had a chance to raft and shoot.

"It was great. With these different activities, most of the kids got to do something they have never done before," Breck said.

After a breakfast of sausage, eggs, hash browns and French toast, everyone helped break down camp, Sunday, and the group headed out to Dinosaur National Monument near Vernal.

Once there, they toured an enclosed quarry with visible dinosaur fossils, ate lunch and piled back into the vans for the trip home.

Written by Airman 1st. Class Micah Garbarino of the Hilltop Times, Hill AFB Utah.

Youth Outdoor Adventure

Hill AFB, Youth Center campers learn paintball, archery and rafting during a weekend trip to Flaming Gorge, Utah

The smells of slowly cooking Dutch oven chicken, and peach and apple cobbler fill the camp. Everything is quiet except for the clean, crisp sound of wind cutting through the leaves. The breeze carries the scent of food through the campground.

Ah, wilderness and the peaceful relaxation of a weekend in the mountains away from the hustle and bustle- time to put the feet up and kick back . . .

Then reality, as 39 children come yelling and running down the



hill, ready to eat. Welcome to the Youth Center's outdoor adventure.

The Youth Center and Outdoor Recreation teamed up to organize a trip to Flaming Gorge National Recreation Area last weekend. The trip was a huge undertaking, the largest camping trip that the Outdoor Adventure

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